

Adult Sports

Ages 18 and up • For more information on our adult sport league offerings, log on to www.kirklandwa.gov/athletics or LIKE our Facebook page www.facebook.com/kirklandsportsleagues

Adult Volleyball Leagues

Come join the most competitive league on the Eastside! The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times (depending on the division).

Spring season available for registration on January 6.

Team Fee: \$301.13 (includes tax)

Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Monday nights.

Mon	7:15 or 8:20pm	Sept 16–Nov 4	40423
Mon	7:15 or 8:20pm	Jan 6–Mar 3	40429
SPRING Mon	7:15 or 8:20pm	Apr 14–June 9	40487

Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Monday nights.

Mon	7:15 or 8:20pm	Sept 16–Nov 4	40424
Mon	7:15 or 8:20pm	Jan 6–Mar 3	40430
SPRING Mon	7:15 or 8:20pm	Apr 14–June 9	40488

Co-ed Upper Division BB Level

The COED Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Tuesday nights.

Tue	8:20 or 8:40pm	Sept 17–Nov 5	40425
Tue	8:20 or 8:40pm	Jan 7–Feb 25	40431
SPRING Tue	8:20 or 8:40pm	Apr 15–June 3	40489

Co-ed Lower Division B Level

The COED Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Tuesday nights.

Tue	8:20 or 8:40pm	Sept 17–Nov 5	40426
Tue	8:20 or 8:40pm	Jan 7–Feb 25	40432
SPRING Tue	8:20 or 8:40pm	Apr 15–June 3	40490

Co-ed C Division

The COED "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on Wednesday nights.

Wed	8:20pm	Sept 18–Nov 6	40427
Wed	8:20 or 8:40pm	Jan 8–Feb 26	40433
SPRING Wed	8:20 or 8:40pm	Apr 16–June 4	40491

Free Agent Team Co-ed C Division

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! Starting this fall we are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus tax) you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

Wed	8:20pm	Sept 18–Nov 6	40428
Wed	8:20 or 8:40pm	Jan 8–Feb 26	40434
SPRING Wed	8:20 or 8:40pm	Apr 16–June 4	40492

Co-ed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on Wednesdays at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an "OPEN" division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

Team Fee: \$301.13 (includes sales tax)

Wed	6:45 or 7:55pm	Sept 18–Nov 6	40437
Wed	6:45 or 7:55pm	Jan 22–Mar 19	40438
SPRING Wed	6:45 or 7:55pm	Apr 23–June 18	40493



YOUTH COACHES NEEDED

The amount of children that we can accept in our youth sports programs directly relates to the amount of volunteers we have to coach.

Can you help out?

No prior sports or coaching experience necessary. Time commitment varies by program.

Call 425.587.3330 for info

Like us on
Facebook!



facebook.com/kirklandsportsleagues



Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville
Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 6–27	39727
Fri	10–11am	Oct 4–25	39728
Fri	10–11am	Nov 1–22	39729
Fri	10–11am	Dec 6–27	39730
Fri	10–11am	Jan 3–24	39731
Fri	10–11am	Feb 7–28	39732
Fri	10–11am	Mar 7–28	39733

OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available. Individuals or teams welcome.

5 to 8pm • Sundays

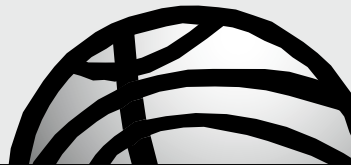
Location: Kamiakin Middle School
14111 132nd Ave NE, Kirkland

Fall: Sept 8–Nov 17
Winter: Dec 8–Mar 23

No open gym:
Dec 15, 22, 29 // Jan 19, Feb 2 & 16

Cost: \$4.00 per person
(includes WA State Sales Tax)

Call 425.587.3335 for gym closure info. 18 and older.



Ice Skating

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.

FALL

Ages 5 to Adult 7 weeks
Resident \$120 / Non-Resident \$144

Mon	6–7pm	Sept 9–Oct 21	40368
Fri	6–7pm	Oct 11–Nov 22	40372
Mon	6–7pm	Nov 4–Dec 16	40369

Ages 4 to Adult 7 weeks
Resident \$120 / Non-Resident \$144

Tue	10:45–11:45am	Sept 10–Oct 22	40370
Tue	10:45–11:45am	Nov 5–Dec 17	40371

WINTER

Ages 5 to Adult 7 weeks
Resident \$125 / Non-Resident \$150

Mon	6–7pm	Jan 6–Feb 17	40373
Fri	6–7pm	Jan 10–Feb 21	40377
Mon	6–7pm	Feb 24–Apr 7	40374
Fri	6–7pm	Feb 28–Apr 11	40378

Ages 4 to Adult 7 weeks
Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Jan 7–Feb 18	40375
Tue	10:45–11:45am	Feb 25–Apr 8	40376

SOFTBALL Recruitment is in FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Klassics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

age 55+

Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED team info call
PAULA MILLER 425.822.7478

men's teams info call
RICH MILOVICH 425.827.1109

